



Sweet Grilled Steak Bites

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



6

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds stew meat cubed
- 0.3 cup corn syrup dark
- 1 teaspoon garlic minced
- 0.5 teaspoon lawry's seasoned salt
- 0.5 teaspoon penzey's southwest seasoning to taste
- 0.3 cup soya sauce

Equipment

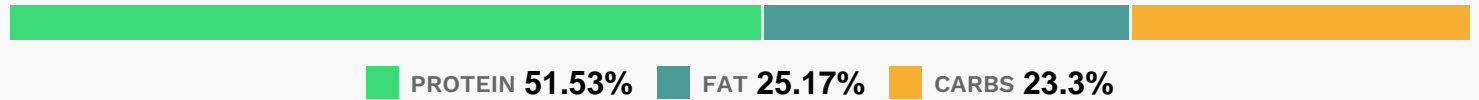
- bowl

- grill
- skewers

Directions

- Season the meat with Greek seasoning. In a large resealable bag or non reactive bowl, combine the soy sauce, corn syrup, garlic and seasoned salt. Massage the bag to blend, then add the beef. Press out most of the air and seal. Marinate for up to 24 hours, flipping over occasionally to evenly marinate.
- Preheat a grill for medium heat. When hot, lightly oil the grate. Thread the beef cubes onto skewers.
- Grill the meat on the preheated grill, turning occasionally, until they have reached your desired degree of doneness. Be careful not to let the flames get too high. These will darken quickly because of the high sugar content. Don't worry- they aren't burning!

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:13.35, Inflammation Score:-2, Nutrition Score:17.406086853017%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 273.49kcal (13.67%), Fat: 7.53g (11.58%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 15.42g (5.61%), Sugar: 14.89g (16.54%), Cholesterol: 93.74mg (31.25%), Sodium: 847.99mg (36.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.68g (69.36%), Selenium: 42.6µg (60.85%), Vitamin B3: 10.62mg (53.12%), Vitamin B6: 1.02mg (50.94%), Vitamin B12: 2.8µg (46.62%), Zinc: 6.36mg (42.38%), Phosphorus: 341.1mg (34.11%), Iron: 3.58mg (19.87%), Potassium: 551.63mg (15.76%), Vitamin B2: 0.26mg (15.35%), Magnesium: 42.91mg (10.73%), Vitamin B1: 0.15mg (10.01%), Copper: 0.18mg (8.78%), Vitamin B5: 0.71mg (7.07%), Manganese: 0.12mg (5.89%), Folate: 22.38µg (5.6%), Vitamin K: 4.38µg (4.17%), Calcium: 41.66mg (4.17%), Vitamin E: 0.53mg (3.53%), Fiber: 0.26g (1.05%)